

# The Kentucky Commission on Community Volunteerism and Service

## The Cabinet for Health and Family Services



# T H E H E R T L I N E

T A K I N G T H E P U L S E

COVERING VOLUNTEERISM AND SERVICE THROUGHOUT THE COMMONWEALTH

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Governor's Awards/May 2006 Edition

### 2005 GOVERNOR'S VOLUNTEER AWARDS

#### Oustanding Service Honored at Annual Ceremony



Governor Ernie Fletcher and the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services announced the winners of the 2005 Governor's

Volunteer Awards. An awards presentation ceremony was held at the state Capitol in Frankfort on Monday, April 24.

A panel of judges with volunteer and community service backgrounds chose 18 winners in 10 categories.

Governor Fletcher said Kentuckians volunteer at a rate that exceeds the national average.

"The spirit of volunteerism and community service is almost a genetic trait for most Kentuckians," said Governor Fletcher. "That spirit of service established, built and sustains Kentucky. It always has and always will play a big role in this state's growth and success."

The Governor's Office launched the awards program in 1975. Since 1995, the KCCVS has administered the program.

Eileen Cackowski, KCCVS director, said the awards program will include a new category next year to recognize volunteerism among the faith-based community.

"Every day, churches, temples, mosques and other religious congregations are giving the gifts of personal time, talent and resources to meet needs all across Kentucky," Cackowski said. "The Volunteering Through Faith Communities award category will shine much deserved light on this important segment of the service population."

Turn to pages 6-10 to see pictures and descriptions of this year's recipients.



"If you ever need a helping hand, it is at the end of your arm. As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."

— Audrey Hepburn, American actress (1929-1993)

### SPOTLIGHT: KENTUCKY'S PROMISE CORPS



AmeriCorps Kentucky's PromiseCorps staff and members at Morehead State University are planting seeds of success this spring. Thirty-nine members serving more than 1,000 at-risk elemen-

tary, middle and high school students in 14 rural Eastern Kentucky counties work one-on-one with students to increase their reading levels. Members work in placements at local Family Resource Centers, Youth Service Centers and schools toward the goal of increasing students' reading levels by the end of the school year. The Great Leaps Tutorial Program forms the methodological and practical basis of the program.

Since 2001, Kentucky's PromiseCorps at MSU has served more than 3,500 at-risk students in our service region and experienced amazing success, reporting more than 95 percent of students served increased their reading levels by two levels. The growth has been astounding! They look forward to reporting another successful year in 2006 and many more to come!

In addition to their AmeriCorps service, Kentucky's PromiseCorps members volunteer in their communities with various organizations such as the American Red Cross, Relay for Life, Girl Scouts, Boy Scouts, 4-H, Disabled Veterans, Neighborhood Watch, Christians Across America and many others. The 2005-06 PromiseCorps members have volunteered more than 600 hours at the Extended Hands Ministries in Goddard, serving needy individuals with clothing, food, household items, etc. and helped sort clothes that were shipped to Hurricane Katrina victims and other needy people in other countries. Their volunteer hours at Extended Hands Ministries have not gone unnoticed by ministry staff who appreciate each and every member and eagerly attest to all members that they do make a difference for needy families!



Members had a great time celebrating the birthday of

(continued on page 5)

## "GETTING THINGS DONE FOR KENTUCKY"

# Corporation for NATIONAL & COMMUNITY SERVICE



Throughout the newsletter are small bits for your enjoyment. Keep an eye out for them.



The happy dancing man is always accompanied by a "funny." Lighten your mood a little with a short joke.



The thinking man is followed by wise witty words from many sources. Allow him to engage your mind.



This icon is accompanied by a brain teaser. Go ahead, see if you can catch the solution.



This icon indicates that interesting statistics follow. It also begs the question: are all things number? From the philosophy of Pythagoras who said, "all things are number."

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## WHO WE ARE

### KCCVS COMMISSIONERS

Douglas Adams	Kitty Pilger
Aaron Anderkin	Emily Shelton
Philip Anderson	Anna G. Smith
Susan Brammer	Casey Sterr
Amy Burke	Wendy Stivers, Ph.D.
W. C. Corbin	Victoria Thompson
Phyllis Culp	Jana Sturm
Marlene Duffy	Alan Taylor
Cindy Ferrell	Kate Wenzel
Virginia Fox	Patricia Winlock
Patrick Hargadon, Chair	Ex-Officio Member:
Kenneth Knipper	Betsy Wells
Brandi Moore List	

### KCCVS STAFF

Eileen Cackowski – Director  
 Melissa Newton – Training Officer  
 Shannon Ramsey – Media & Publications Specialist  
 Andrea Sieloff, RSM – Program Officer  
 Lanny Taulbee - Disabilities Coordinator  
 Marzelle Wurtsmith – Financial Officer

### KCCVS MISSION

To promote all Kentuckians working together to meet actual community needs in a way that fosters personal, family and community pride and an enduring ethic of volunteerism and service.

### DID YOU KNOW?

Brought to you by [www.hookedonfacts.com](http://www.hookedonfacts.com)

- There are six fictional characters that have stars on Hollywood's 'Walk of Fame'.
- Jelly Bellies Blueberry jellybeans were created especially for Ronald Reagan.
- The average office worker spends 50 minutes a day looking for lost files and other items.
- The right lung takes in more air than the left.
- Flamingos can only eat with their heads upside down.
- The average car produces a pound of pollution every 25 miles!
- It took 20,000 men 22 years to build the Taj Mahal.
- There are 10 towns named Hollywood in the United States!
- More than 50% of Americans fall asleep on their sides.
- Before 1941, fingerprints were not accepted as evidence in court.
- 7,000 new insect species are discovered every year.
- Emus and kangaroos cannot walk backwards.
- The Earth gets 100 tons heavier every day due to falling space dust.

Editor: Shannon Ramsey

## COMMISSIONER SPOTLIGHT: PHIL ANDERSON



Phil Anderson, appointed to the Kentucky Commission on Community Volunteerism and Service in 2004, offers a valuable business perspective along with contagious optimism to the commission's efforts.

From 1973 until his 2004 appointment as the state commissioner of the Department of Labor, Anderson served as president and CEO of Associated Builders and Contractors of Kentuckiana Inc., a construction trade association representing more than 600 contractors and industry firms in Kentucky and Indiana.

Besides his KCCVS service, Anderson also is a member of the U.S. Department of Labor's Advisory Committee on Apprenticeship, originally serving as one of 10 industry representatives and recently reappointed as a government sector representative.

Anderson has an associate degree from Elgin Community College, a bachelor's degree in political science and a Ph.D. in American studies from Saint Louis University.

In October, Anderson and his wife, Ann, will celebrate their 40<sup>th</sup> wedding anniversary. They have three grown sons, Philip II, Jeffrey and Jason. So far, they have no grandchildren, but hope to soon have some to spoil.

When he is not working, Anderson finds a variety of ways to relax. He enjoys travel and reading and is an avid cook and a wine collector. His taste in literature runs from cookbooks to mystery and action/adventure novels. His favorite authors include Agatha Christie, John Sanford and Clive Cussler. However, those times when he craves something heavier, he turns to classical authors like C.S. Lewis and Boris Pasternak, author of his favorite book, *Doctor Zhivago*. He listens to music and also enjoys classic comedy and mystery movies such as the Thin Man movies starring William Powell and Myrna Loy.

When asked about his life philosophy, Anderson says a quote from American Shakers founder Mother Ann Lee that he discovered when writing his doctoral dissertation sums it up: "Do everything as if you were to die tomorrow or live for a thousand years."

Anderson credits his parents as the primary influence in shaping his personality, values and ambitions. He said above all, they taught him to work hard, get a good education and learn continuously, be honest and treat others fairly. When asked what he would like to be remembered for/as, Anderson said he hopes his legacy will be that of, first, a good husband, father and friend, and then as someone with a sense of humor who gave a full day's work for a full day's pay and left things better than he found them.

"Since becoming involved with the KCCVS, I have been continually amazed with the spirit of volunteerism that is alive in Kentucky, that so many people are willing to give so much

to help others. It has revived my optimism in America," Anderson said.

The commission truly appreciates Anderson's passion for life, his positive outlook and the expertise he brings to the table.

## 2006 AMERICORPS MIDWINTER TRAINING

The KCCVS hosted its annual Midwinter Training events Feb. 21 and 23 to give the AmeriCorps members and program staff a day of informative training and a "shot in the arm" to get them through the final months of this year of service.

On Feb. 21, 69 AmeriCorps members, program staff, KCCVS staff and a guest AmeriCorps\*VISTA volunteer met at Rough River Dam State Resort Park for the Western training event. On February 23, 94 attended the Eastern training event at Natural Bridge State Resort Park.



Both days began with a session based on Stephen Covey's popular book *The Seven Habits of Highly Effective People*. This session was led by Tom Crawford, Ph.D., a retired University of Louisville chemistry professor who used exciting, colorful and often loud chemistry experiments to illustrate each habit. With Dr. Crawford's assistance, the KCCVS was able to

provide all those who attended with copies of Covey's book. One participant at the Rough River event reported, "Dr. Thomas Crawford was one of the best speakers I have heard for some time. Wonderful!"

During lunch, AmeriCorps members took a Disabilities Awareness quiz developed by Lanny Taulbee, KCCVS disability coordinator. This quiz was designed to raise members' awareness of disability issues they may face at their service sites. After lunch, answer keys were distributed along with additional information on the Americans with Disabilities Act, which members will find to be a valuable resource.

The afternoon sessions focused on a topic of great relevance to most of us: personal budgeting. Barbara Rucker and Susan Tatum from the Kentucky Transportation Cabinet presented "Paycheck to Paycheck", a training module based on Dave Ramsey's Financial Peace program. They shared personal stories of budgeting, talked about how to make wiser decisions and shared some good information about how we can all better manage our money. Many who attended this session said the information was important and had helped them more fully realize they need to do a better job of managing their money.



KCCVS Training Officer Melissa Newton declared the Midwinter Training event was a big success. "The trainers were three of the most professional people I have had the

*(continued on page 4)*



pleasure to work with and it is always a treat to see the program directors and members,” She said the training program evaluations were largely positive with the majority indicating they gained valuable knowledge at the events.

Submitted by Melissa Newton, KCCVS Training Officer

## DISABILITIES CORNER

### The ABC's of ADA

Have you ever heard of the ADA? That term seems to be everywhere these days, but just what is it and who does it cover?

ADA stands for the Americans with Disabilities Act which addresses some familiar accessibility issues and requirements, like ramps and sidewalk curb cuts to make it easier for people in wheelchairs to access public places, and designated handicapped parking and rear-view mirror placards identifying those authorized to use those spots.

But few people who don't use a wheelchair stop to think or realize the “conveniences” they take for granted that also make it easier for those with strollers, grocery carts and others to get around are the result of ADA regulations. You may not be protected by it but many times you benefit from it.

The ADA itself is quite long and complicated, but its impact and intent can be boiled down to a few general statements.

The ADA of 1990 was passed by Congress, and signed by the president on July 26, 1991 and represents the first federal act designed to stop discrimination against people with disabilities solely because they have a disability. It is a widespread law that applies not only to access to public buildings, but also to the rights of individuals with disabilities to pursue their dreams to further their education, start or continue a career or even their right to actively participate as volunteers. It protects their right to control their daily living activities and gives them the freedom to choose their own destiny. This legislation applies to all areas and levels of government, even the United States Congress.

The ADA does not specify which disabilities are covered but provides a three-part test to determine actual disability: an “impairment” or physiological disorder or condition and a “substantial limitation” of a “major life activity” as a result of that impairment, disorder or condition. All three parts must be met to claim ADA protection.

A “major life activity” is defined as “those basic activities that the average person in the general population can perform with little or no difficulty” and includes “functions such as caring for oneself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working.”

Persons covered by the ADA include, of course, people with disabilities, but this determination can be a little complicated because not everyone with a disability uses a wheelchair or a cane. Many disabilities can't be seen, like diabetes, heart conditions and epilepsy. These hidden disabilities can be a source of misunderstanding and unfair judgments, like a legally disabled but otherwise healthy looking person being

accused of improperly taking a handicapped parking space. People with hidden disabilities often suffer the brunt of the public's misunderstanding and lack of information and education about ADA and disabilities in general.

Another group protected under the ADA includes those who provide care to individuals with disabilities, such as parents, spouses, siblings or even in some cases friends and associates. An employer may not refuse to hire an individual because that individual has a spouse, child or other dependent that has a disability, or because of fear of possible increased health care or insurance costs. A perspective employee that has a dependent with a disability cannot be rejected for a position on the assumption that he or she will be unreliable or have absenteeism issues associated with caring for someone with a disability.

The last group of people protected by the ADA includes those who are not substantially limited by an impairment but are regarded by others as having an impairment.

In some ways, the perceptions of others can actually satisfy the ADA's three-part test that establishes disability, and the ADA provides protections against discrimination in such cases.

The Equal Employment Opportunity Commission's Code of Federal Regulations cites several examples of how perceptions can establish a disability. In the first example, an employer transfers an employee with high blood pressure to a less stressful position out of fear that the employee's current job may cause the employee to suffer a heart attack. By taking this action for these reasons, the employer has regarded the person as disabled.

In another example, a 3-year-old child with a facial deformity is refused admission to a private daycare program because the school staff believes that the child's physical appearance will upset the other children. This child is considered disabled because of the attitudes of others, not because of an actual physical impairment.

In a final example, consider the case of an employer who hears a rumor that an employee has cancer and he fires the supposedly sick employee. Even though the employee did not have an impairment, the employer treated him as if he had a “substantially limiting” impairment.

The ADA protects from discrimination people others believe may have a disability based on unfounded information and personal attitudes about disabilities. The U.S. Supreme Court has ruled and Congress has affirmed that this kind of protection is necessary because “society's myths and fears about disability and disease are as handicapping as are the physical limitations that flow from actual impairments.”

The overall purpose of the Americans with Disabilities Act is to protect persons with disabilities from discrimination and negative attitudes. With new technologies being developed every day, impairments are becoming less of an issue. Therefore, it seems that disabilities are defined more by perceptions than the actual impairment.

The more we know about our world the better prepared we

will be to meet new challenges when they arise. Anyone can join this minority group at any time simply by being in the wrong place at the wrong time when, suddenly, your whole world changes. According to the 2000 U.S. Census, 19.3 percent of the U.S. population (almost 1 in 5) have a disability. In Kentucky that figure is even higher at 23.7 percent overall and as high as 37.7 percent of the population in certain regions.

No wonder the ADA has made such an impact!

Submitted by Lanny Taulbee, KCCVS Disabilities Coordinator

*Kentucky PromiseCorps (continued from cover page)*

children's author Dr. Seuss on March 2 by participating in several unique activities.



Penny Welch, PromiseCorps member in Fleming County, dressed as the Cat in the Hat and read that book to classes at each school the program serves and helped organize a contest that rewarded the winners with cake and ice cream. The children were very excited and really enjoyed their special guest. Since

the birthday celebration coincided with family reading night, the Cat in the Hat made an appearance there, as well. "The Cat in the Hat Comes Back" was read to the children and parents who attended and, later they made green eggs and ham and had a taste. The Cat in the Hat then posed for pictures with several of the participants.

Steve Swim, AmeriCorps Program Director at Morehead State University, says that the members of PromiseCorps believe children are and always will be the sunshine of life and members focus their considerable efforts on helping the children they serve shine.

Submitted by Steve Swim, PromiseCorps program director

#### VALUE OF A VOLUNTEER'S TIME

The estimated value of a volunteer's time is **\$18.04 per hour** for 2005, according to the Independent Sector, an advocacy group for volunteers and community service groups.

This number, up from 2004's estimate of \$17.55, gives charitable organizations a tool to help quantify the immense contributions volunteers make.

"It is a challenge to place a dollar value on the important work volunteers do for millions of charitable organizations and communities across the country," said Diana Aviv, president and CEO of Independent Sector. "But this number can help put into perspective the enormous contributions provided by our nation's volunteers."

The hourly value of volunteer time is based on the average hourly wage of all non-management, non-agricultural workers as determined by the Bureau of Labor Statistics, with a 12 percent increase to estimate for fringe benefits.

Learn more about the value of volunteer time at [www.independentsector.org](http://www.independentsector.org).



What is the difference between a cat and a comma?

One has the paws before the claws and the other has the clause before the pause.

From [www.basicjokes.com](http://www.basicjokes.com)

#### WALKING TO DISNEY WORLD

Elementary Students Get In Shape

It is quite a long trek driving, or even flying, the 796 miles from Kentucky to Walt Disney World in Orlando, Fla., but just try making the journey on foot!



That is exactly what 48 fifth graders at Daniel Boone Elementary School in Madison County did as part of an activity that the school's own walking club undertook last October. Not too many fifth graders would give up their recess time to walk laps, but they did at Daniel Boone Elementary.

"It's been really fun," said one student. "It builds up your muscles and everything. It gets you in shape." At the end of the allotted time each day, the students turned in their lap totals which were converted into miles. Combined, the students walked an average of 30 miles a day.

The walking club was the brainchild of Daniel Boone's Principal Janie Whitaker and Nancy Thames, AmeriCorps Student Services Consortium Center program director at Eastern Kentucky University, who were looking for a way to get students exercising. They formed the walking club with the goal of walking the equivalent distance from Richmond to Disney World. Having accomplished that goal, the students now are walking the 1,808 miles from Richmond to the Grand Canyon.



EKU's Department of Exercise and Science and ECU Assistant Professor Lisa DeBolt have worked closely with the project and helped obtain pedometers so students can track the distance they walk each day. Principal Whitaker says she has worked core academic content into the walking activity by having student chart their course on a map and incorporating math and geography into the activity.



"They can see where they've been and they take a lot of self-pride in how far they have walked," Whitaker said. "Some of them said they would have spent recess just sitting around talking

to their friends. Now they are walking and talking and getting fit – all at the same time."

Submitted by Nancy Thames, AmeriCorps Student Services Consortium Center program director



## 2005 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

### MAKE A DIFFERENCE DAY AWARD

*Each year the KCCVS sponsors a food drive in observance of Make A Difference Day. As part of this observance, employees of the Cabinet for Health and Family Services' 16 community-based service regions compete to collect the most food and capture the special Traveling Award, which remains with the winning region for one year and travels to reside with each consecutive winning region.*

Kentucky River Service Region



Kentucky River Service Region collected nearly 20 thousand ounces of food - enough to feed more than 2,400 Kentuckians. This translates to an average of almost 150 ounces of food

collected by each employee in the region and is about 5 thousand ounces more than the total collected by the runner-up region. Sheila Watts accepted the award on behalf of Service Region Administrator Charlene Clemons.

### CHALLENGE ADULT AWARD (TIE)

George Moorman - Lexington/Fayette County

For many years, George Moorman trod a path of self-destruction and paid a heavy price for those choices. After serving a jail sentence for drug convictions and other violations, Mr. Moorman changed his path. He entered drug treatment and in the process of paying personal debts, including



back child support and taxes, he contributed 6,500 volunteer hours to the greater Lexington-Fayette County community. Clean and sober for 10 years now, Mr. Moorman has earned a bachelor's degree, a Masters of Social Work and in May he will receive his Ph.D. He has used his own mistakes as object lessons to develop programs for children and youth aimed at channeling their energy, anger, fear, confusion and idle time into projects that inspire self-empowerment and good choices. Mr. Moorman has provided outstanding service and has transformed challenge into triumph.

Mary Smiley Banks - Henderson/Henderson County



Mary Smiley Banks has been an active volunteer with the Audubon Area Senior Companion program since 1993. The program helps elderly and disabled residents of Henderson County live independently in their homes. Without the assistance of Senior Companion volunteers, many of the residents served by the program would have no choice other than institutional long-term care. A polio survi-

vor, with the help of a walker, Ms. Banks has devoted 20 volunteer hours a week for the last 13 years, faithfully giving of herself to improve the lives of homebound clients. Last year she racked up 1,040 service hours. We award Ms. Banks for overcoming personal challenges to do all she can for others. Sondra Mattingly accepted the award for Ms. Banks.

### CHALLENGE YOUTH AWARD

Jamie Douglas - Williamsburg/Whitley County



Eleven-year-old Jamie Douglas lives in Whitley County and is a student at Williamsburg Independent School. For up to three hours each week, Jamie volunteers at Refuge Ridge, a non-profit organization dedicated to wildlife and wilderness

protection, the environment and animal welfare. She helps train new student volunteers, acquainting them with refuge operations and activities. An excellent student, Jamie also helps produce the Refuge Ridge Newsletter. For her example of service and academic excellence, Jamie was named the Refuge Student Volunteer of the month in January. As just one example of her commitment to and love for the animals at the refuge, Jamie recently donated a \$25 gift certificate she'd won in a contest at school to help care for animals at Refuge Ridge. We are proud of Jamie for giving time most youth her age spend doing other things, and thank her for the all the good that comes from her unselfish service.

### CITIZEN CORPS GROUP AWARD

Michael Jones, Joe Clary and Dwayne Hite - Philpot/Daviess County

Three gentlemen in Western Kentucky have collectively volunteered more than 15,000 hours during the past 20 years in service to the people of the Green River region. Thanks to their tireless efforts, the seven-county Green River area is



Left to Right

better prepared for disasters and emergencies. As leaders in the Green River Community Emergency Response Team program, Dwayne Hite, Michael Jones and Joe Clary help provide valuable education and training to area residents in such skills as fire safety, light search and rescue, team organizing and disaster medical operations. Thanks to their efforts, when disasters and emergencies strike, hundreds of well-trained residents are able to assist others in their neighborhoods and workplaces until professional responders can make it to the scene. Each is also a local fire district and search and rescue volunteer throughout the region.

## 2005 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

### CITIZEN CORPS INDIVIDUAL AWARD

Barb Cook - Covington/Kenton County

The City of Covington is a safer place thanks to the efforts of Ms. Barb Cook. She began organizing Neighborhood Watch programs there in 1985 and has remained actively involved in every program since then. Currently, 13 neighborhood watch programs are up and running in Covington and as many as 19 have operated at one time. Ms. Cook also has volunteered her time and talent as a citizen activist, initiating changes in the juvenile code and serving as a liaison between residents, City Hall and law enforcement. We are proud to award Ms. Cook for these and other contributions to good government and community safety.



### DIRECTOR OF VOLUNTEERS AWARD

James Herman Garrett - Louisville/Jefferson County



During the 2005 service year, James Herman Garret, Director of Volunteer Services for the Louisville Salvation Army, worked with more than 23,000 volunteers who provided nearly 133,000 hours of service. As a result of his direct efforts to organize and coordinate community service projects:

- 14 semi trucks full of relief supplies were sent to hurricane ravaged areas;
- 6,000 families had a Merry Christmas with gifts, clothing and food;
- 155 children received new school clothing; and
- volunteers were trained, scheduled and deployed to events including the Kentucky Derby and the Kentucky State Fair; shelter and feeding programs; and countless school-based and community projects.

Among his duties with the Salvation Army Hurricane Katrina response, Mr. Garrett coordinated efforts of Kentucky's AmeriCorps National Civilian Community Corps team assigned to his agency. AmeriCorps NCCC members staffed refugee centers and helped displaced families find the services and support they needed. At the height of the operation, Mr. Garrett directed relief center activities and staff six days a week and spent the seventh planning for the next six days.

For all the demands and challenges, long days and emotional toll, Mr. Garrett said the experience was among the

most rewarding of his service career. He said, (quote) "Having NCCC members available to help us process Katrina relief donations was a benefit beyond measure. Because of the NCCC team, The Salvation Army in Louisville made its fastest disaster response ever. Because of NCCC, tens of thousands of people in Louisville and Kentucky experienced a federal program that had direct, positive impact on so many lives. It is, in many ways, government at its best." (unquote) We appreciate Mr. Garrett for service leadership at its best.

### IMPACT ADULT AWARD

Sandra Myers - Cadiz/Trigg County

Sandra Myers of Trigg County is a member, secretary and newsletter editor of her local Rotary Club. She has raised \$66,000 in scholarship funds and works tirelessly to organize outings for senior citizens and community food drives to combat hunger. When a local high school graduate was killed in the line of duty in Iraq, Ms. Myers established a local chapter of Gold Star Mothers, a national service and support organization of mothers of soldiers killed in service. Ms. Myers hosts a weekly radio program called Veterans Voice that provides information and updates on veterans' issues. She also finds time to serve as president of the VFW Ladies Auxiliary and to help organize the local Veterans Day Parade. In recognition of her service on this community project, last year, she was asked to serve as grand marshal for the parade. We believe a patriotic spirit of service to country and community like hers should not go unrecognized.



### IMPACT YOUTH AWARD

Colby Khoshreza - Pikeville/Pike County



Colby Khoshreza is the president and a founding member of the 130-member Pike County Youth Leadership Council. The council provides a means for Pike County students to participate in creative and inspiring community service projects, challenging and groundbreaking public advocacy and leadership training. Colby chaired a council committee that drafted and presented to the school board a successful proposal to institute a mandatory drug-testing program for students in athletics and extracurricular activities. He also founded and coordinates the "My Stuff" project that provides personal and comfort items to homeless residents. Colby's friends and family predict that he will embrace community service and leadership as lifelong values. He is a role model for his peers and a source of pride for his community.



## 2005 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

### INNOVATION ADULT AWARD

Linda P. Dalton - Ashland/Boyd County



Linda Dalton is a member of the board of directors and chairperson of the building committee for Hope's Place, a children's advocacy center Ashland. Ms. Dalton is credited with organizing a building renovation on a \$12,000 budget - even though estimates for the project ranged from \$70,000 to \$80,000. The project got underway in May 2005 and Ms. Dalton worked to mobilize various resources in the community to make the renovation happen within the Hope's Place limited budget. Her efforts involved more than 400 service hours on the project. Ms. Dalton also is active in her church, volunteers at the Highland Museum and is President of the Ashland Alliance regional economic development agency.

### INNOVATION YOUTH AWARD

Jon Preneta - Nicholasville/Jessamine County

Jon Preneta is a 16-year-old student at East Jessamine County High School who believed there is no better way to serve others than helping save lives. As his community service project for the Rogers Scholars leadership program, Jon organized a Safety Fair attended by more than 100 local children and parents. Jon raised money to cover fair expenses and recruited 42 volunteers who provided more than 250 hours of service to make the safety fair a success. He worked with local and area public safety officials who provided exhibits and staff to share safety information with Nicholasville and Jessamine County residents with the goal of helping save lives. Visitors also enjoyed games, food and entertainment and were asked to sign a banner for US troops overseas. Jon seized an opportunity to make a real, lasting difference in his community.



From [www.discoveryschool.com/brainboosters](http://www.discoveryschool.com/brainboosters)

You can take 1 letter out of the 9-letter word **startling** so that without rearranging letters you will have a real 8-letter word: **starling**, which is a bird. Continue to remove 1 letter at a time to make new English words until you get down to a 1-letter English word.

Remember: Do not rearrange any of the letters; just remove the letters 1 at a time to create 7 more real words

Answer on page 11

### LIFETIME ACHIEVEMENT AWARD (TIE)

*The Lifetime Achievement Award is a tribute to those rare individuals who make service a way of life, a source of personal sustenance and an indelible part of their characters.*

Robert A. Reid - Simpsonville/Shelby County



Robert Reid, can take at least some credit for achievements in the US Space Program, the international imaging technology industry, the ministry and medicine. He did, after all, set a good, strong example and provide inspiration to hundreds of boys, some of whom chose those illustrious career paths. A registered

Scout for 59 years and a Scoutmaster for 51, Mr. Reid established his first troop with five boys in Crestwood 28 years ago. Each of those five achieved Eagle Scout status and were just the first of almost 120 young men over the years who made Eagle Scout under Mr. Reid's leadership. Worldwide, fewer than 5 percent of all scouts attain this rank. The Eagle Scout projects he oversaw alone represent more than 21,000 hours of community service that beautified, improved access and otherwise enhanced their communities. An active volunteer in his church as a teacher, church league basketball coach and deal broker with building contractors for the new church education facility, Mr. Reid has made service and personal sacrifice a life-long passion. The results of his hard work and devotion to helping mold the character and ambitions of local youth will be seen and felt for many, many years to come.

Jane B. Stephenson - Lexington/Fayette County

Jane Stephenson established the New Opportunity School for Women in 1987 to help low-income, middle-aged women of Appalachia overcome barriers to self-sufficiency. In each of two annual three-week residential school sessions on the Berea College Campus, 14 women receive intensive education and training to prepare them for the job market. There is no cost to



the participants and assistance is provided for those who need childcare and transportation. While on campus, each participant is offered vital health screenings and the chance to meet with healthcare specialists to discuss personal health issues. Before attending the New Opportunity School, 88 percent of its students were unemployed and not enrolled in school. After attending, 89 percent found employment, enrolled in school or both. Of the school's graduates, 14 have received associate degrees, 22 have earned bachelor's degrees, two have master's degrees and 31 have received professional certification in nursing and other health service fields. Because not all women who apply are accepted and many other deserving women are unable to leave home for the three-week program, New Opportunity School for



## 2005 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

Women provides outreach, employment and enrichment workshops, counseling, job search assistance and skills training opportunities throughout the year. The former First Lady of Berea College, Mrs. Stephenson devotes still more of her time to service on boards and commissions also dedicated to serving the needs of Appalachian Kentuckians. As the Appalachian Program Director of the Steele-Reese Foundation, Mrs. Stephenson helps select programs for funding that advance rural education, welfare, conservation, health and humanities. Just a few of the other organizations she serves include Lees McRae College, the Jesse Stuart Foundation and the Encyclopedia of Appalachian Board. The list of her previous service is simply too extensive to share.

### NATIONAL SERVICE GROUP AWARD

Pennyryle Allied Community Services RSVP -  
Hopkinsville/Christian County



In 2005, 644 volunteers made a gift of the heart in the form of more than 100,700 volunteer hours in Christian, Hopkins, Muhlenberg and Trigg Counties. They serve at the American Red

Cross, Habitat for Humanity, hospitals, nursing homes, the Salvation Army, Big Brothers and Big Sisters, in schools, helping prepare taxes and in a myriad of other ways make the Pennyryle Region a better place to work and live. The Volunteers of the Pennyryle Allied Community Services-Retired and Senior Volunteer Program have given outstanding service.

### NATIONAL SERVICE INDIVIDUAL AWARD

Billy Corder - Stearns/McCreary County

Beyond his 1,700 hours of service to the AmeriCorps Getting Things Done for Kentucky's Homeless program, Billy Corder volunteers two days a month delivering food to homebound persons and working single-parent families. He is active in Masons and Eastern Star in McCreary County and volunteers his time to youth projects. This time of year, Mr. Corder dons full Easter Bunny regalia to distribute treats to area children. As an AmeriCorps member, Mr. Corder gives more than is asked and tries to help others understand the true value of community service. His volunteer service has even caught the eye of McCreary County Judge/Executive Blaine Phillips who remarked that Mr. Corder's work with Job Corps students helps them develop a feeling of pride and personal accomplishment.



### NON-PROFIT GROUP AWARD

Madison County Habitat for Humanity -  
Richmond/Madison County



In 2005, Habitat for Humanity of Madison County, a non-profit group dedicated to eliminating poverty housing and homelessness, completed seven homes almost entirely with

volunteer labor, bringing its total completed projects to 56. The group raised almost a half-million dollars and recruited volunteers who contributed 11,200 hours of service to construct the homes. The Director of Operations gives more than 40 hours a week as a volunteer and the volunteer book-keeper gives two full days a week. The group's outreach within the community engaged more than 20 churches that raised money and provided labor. Union Church of Berea alone raised \$40,000 and provided enough volunteers to build an entire home. This year 86 adults and 110 children now have decent affordable housing they would have never had without Habitat for Humanity.

### VOLUNTEER SUPPORT AWARD

Yum! Brands, Inc. - Louisville/Jefferson County

In 1971, a stunned Louisville heard the news that a local nine-year-old boy had died of starvation on Thanksgiving Day. That single horrifying event rallied residents to establish the Dare to Care Food Bank, the largest hunger relief force in Kentuckiana. In 2002, homegrown Yum! Brands restaurant company pledged a \$1 million annual gift to Dare to Care. Yum's generosity has helped the food bank expand its Kids Café network from nine to 17 locations serving more than 100,000 nutritious meals in safe places to children in need each year. The partnership with Yum! Brands also has supported creation of Dare to Care's Patrol Against Hunger, a program that provides food boxes delivered by Metro police officers to seniors and the homebound. The program is the first of its kind in the nation and provides about 10,000 meals to aging residents each month. Yum! also supports and encourages volunteerism by its employees who help sponsor the Backpack Buddies program that provides kid-friendly, nutritious food for at-risk children to take home from school on weekends. For some children, this may be the only food they get all weekend. The Yum! Foundation also matches employees' charitable gifts dollar-for-dollar and when a Yum employee commits to serving on the board of a qualified non-profit organization, the



(continued on page 10)

## 2005 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

### *Volunteer Support Award (continued from page 9)*

Yum! Brands Foundation provides financial support to that organization. In these and other ways, Yum! Brands demonstrates its spirit of community and commitment to ending hunger by giving back to the community. The award was accepted by Brian Riendeau, Yum! Brands Vice President for Government and Community Affairs.

### SPECIAL INDIVIDUAL AWARD

*This year, a special award category honors the service of one group and one individual who heard the call for help following the devastating Gulf Coast hurricanes of 2005, and answered the call in extraordinary fashion.*

Marilu Goodsell - Owensboro/Daviess County



Marilu Goodsell is one of those people you want around in a crisis. She is a member of the Retired and Senior Volunteer Program in Owensboro and has served in response efforts following at least 36 separate national disasters, including two hitches in New York in the aftermath of 9/11. A veteran of the conflict in Beirut, Lebanon, Ms. Goodsell

came to the aid of hurricane victims by volunteering nearly 1,100 hours helping serve meals in Mobile, Alabama; Gulfport, Mississippi and Slidel, Louisiana and assisting dislocated families seeking help with mental health issues. We are proud to award Ms. Goodsell for being there – wherever and whenever the call to service is issued and particularly in the wake of the 2005 hurricanes.

### SPECIAL GROUP AWARD

Oakland Mt. Zion Baptist Church -  
Oakland/Warren County

This small, rural church in Warren County has only about 100 members, but its big response to the human suffering after the 2005 Gulf Coast hurricanes has benefited perhaps thousands of people in need. Already a church with a heart for service through participation in local clothes closets and holiday giving projects, Mt. Zion fired up its engines and directed its energies, resources and generosity toward the hard-hit small town of Ocean Springs, Mississippi near Biloxi. Through a church in Ocean Springs, members of Mt. Zion Baptist learned of specific needs and conducted special collections and other activities to send needed items to their sister church in Mississippi for distribution. While hurricane relief efforts have faded from the front pages, communication between the two churches continues and members of Mt. Zion continue to collect and send



donations to ease ongoing needs. Oakland Mt. Zion Baptist Church is the very definition of an "Unbridled Spirit" and they do us all proud.

### GREAT KIDS SUMMIT

July 12-14, 2006

Carol Blethen, executive director of Kentucky Child Now! and KCCVS executive director Eileen Cackowski invite you to the 3<sup>rd</sup> Annual Great Kids Summit July 12-14, 2006 at the Galt House in Louisville. More than 400 youth and young adults, youth workers, health professionals, educators and policymakers from across the commonwealth are expected to attend this one-of-a-kind event designed to bring youth and adults together to create positive change in Kentucky.

This year's event, "Discover the Possibilities..." highlights the importance and impact of **serving others** and will feature activities to introduce service opportunities, encourage service participation and inspire those in attendance to serve others in their communities.

Exhibitors may choose from two participation options:

**Option 1:** One-day, no-charge exhibiting exclusively for service organizations providing volunteer opportunities for both adults and youth at the Service Fair from 8:30-10 a.m. Friday, July 14.

**Option 2:** Full conference (three-day) exhibiting open to all youth-serving organizations. The \$150 full conference exhibiting fee includes breakfast each day and snacks and lunch on Thursday, July 13 for one person.

Exhibit space is limited so register early. To reserve exhibit space at the Service Fair only, complete and send the registration form available on the KCCVS Web site at [www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov). To reserve exhibit space for the entire conference, complete and return the reservation form available on the Kentucky Child Now! Web site at [www.kychildnow.org](http://www.kychildnow.org).

More information on this event is available from the Kentucky Child Now Web site.

We encourage you to provide giveaway items and door prizes for a drawing scheduled during the conference. Those interested in further marketing and promotion opportunities are invited to become Service Fair sponsors. For details, contact Sarah Coombs at (502) 227-7722.

Please mark the date on your calendar and make plans now to join us for the conference as a way to help promote community service.



"A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not marble."

– Charles H. Spurgeon, British preacher and writer (1834-1892)



## SSCC DR. SEUSS WEEK

### Dr. Seuss on the Loose

Kay Poynter, AmeriCorps Student Services Consortium Center member at Pulaski Elementary, coordinated a weeklong Dr. Seuss celebration Feb. 27 through March 3 in support of the Read Across America Program. The Weeklong observance provided something for every one of Pulaski Elementary's 710 K-5 students. Each day featured a special theme with corresponding activities to get students excited about reading.

On "If I Ran The Zoo" Day, students created unique drawings of zoo animals that became part of a zoo train that ran along the interior walls of the school. The school also hosted a visit from children's author Ronda Friend who spoke to each class and signed copies of her books. Later, students worked on their entries for the Dr. Seuss door-decorating contest.



On "Crazy Footwear" Day, students and staff wore crazy socks and shoes and welcomed The Cat in the Hat and another character from the famous Seuss book (portrayed by a retired teacher and a Pulaski Elementary student, respectively). The characters visited every classroom and awarded a book to one lucky winner in each class. Students also enjoyed listening to Dr. Seuss books read by guest readers

AmeriCorps SSCC Director Nancy Thames and her husband, William Thames, Ph.D., who works at Eastern Kentucky University.

"Oh, The Places You'll Go" Day offered students and staff a chance to dress up in costumes representing places where they'd like to travel. Kay Poynter, AmeriCorps SSCC member, spoke to several classes about the recent Mardi Gras and the Olympics. One of several guest readers for the day dressed in Australian attire and talked about life in four different countries. Every student at Pulaski Elementary received a Dr. Seuss pencil to cap of the day's events.

Students and staff sported their favorite hats on "Happy Birthday, Dr. Seuss," Day and enjoyed a breakfast of green eggs and ham. Throughout the day, guest readers visited 41 classrooms and included a KEA representative (dressed in Cat in the Hat costume), students from Pulaski County High School (Teens Who Care Club), Pulaski County Public Library staff (also dressed as The Cat in the Hat) staff from the Pulaski County Schools Central Office. Winners of the door-decorating contest enjoyed a popcorn party, more prize drawings were held and every student received a Dr. Seuss bookmark.



That evening more than 250 students, staff and family members attended "Family Night" and enjoyed complimentary pizza, drinks and Dr. Seuss birthday cake. Guest read-



ers entertained various age groups in the gym and some who attended tried their skill at "Who Wants to be a Millionaire?" More than 50 drawings were conducted for books and other prizes and the evening wrapped up with "lights out" in the gym where students and parents read with flashlights.

"I'm Not Going to Get Up

Today" was very popular with students and staff who got to come to school in their pajamas. That morning the Pulaski Elementary News telecast highlights from the week's activities and Dr. Seuss videos were shown at lunch amid theme-appropriate decorations in the cafeteria.

It was a perfect finish to a fun-filled week in which 216 volunteers served a total of 408 volunteer hours and students reaped the benefits of a fun and educational experience where Dr. Seuss was indeed on the loose!

Submitted by Nancy Thames, AmeriCorps Student Services Consortium Center program director

Answer to Brain Teaser from page 8



The words are startling, startling, staring, string, sting, sing, sin, in, I.

## AN AMERICORPS POEM

What AmeriCorps Means to Me

Apathy meets its match

Making ignorance dissolve into

Effervescent fervor and the clamoring for knowledge.

Reactions to actions take root as

Intelligence reigns supreme over older, staler

Concepts such as all-mighty dollar, such as my might makes me right.

Only limited by the boundaries of my fear - fear of failing - fear of succeeding - fear of moving on - fear of festering and stagnating in this

Rotting pool of complacency that has been my humble home - my security blanket in which I've wrapped myself- always wanting more but afraid to leave.

Praying for salvation that I hope will never come.

Such was my life before - never to be again - set free by service - the freedom that snuck up on me and set me free while I wasn't looking. I knew I was helping others but never realized to what extent I myself was being served until I looked back and saw the forest and the trees.

By Aaron Gray, former AmeriCorps member (1996-97) and current AmeriCorps Assistant Program Director of the KEYS Service Corps in Pittsburgh, PA



## WHAT'S ON OUR CALENDAR?

MAY/JUNE/JULY

2006

**May 6** – Join Hands Day [www.joinhandsday.org](http://www.joinhandsday.org)  
**May 14** – Mother's Day  
**May 20** – Armed Forces Day  
**May 29** – Memorial Day, observed  
**June 14** – Flag Day  
**June 18** – Father's Day  
**June 18-20** – National Conference on Volunteering and Service  
[www.volunteeringandservice.org](http://www.volunteeringandservice.org)  
**July 4** – Independence Day

The Kentucky Commission on  
Community Volunteerism and Service  
275 East Main Street, Mail Stop 3W-F  
Frankfort, Kentucky 40621

Local: (502) 564-7420

Toll-Free: (800) 239-7404

Fax: (502) 564-7478

E-mail: [kccvs@ky.gov](mailto:kccvs@ky.gov)

Web site: [www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov)



### NEXT EDITION:

- Commissioner Spotlight: Cindy Ferrell
- Program Spotlight: Getting Things Done for Kentucky's Homeless
- Local Volunteer Stories
- Upcoming Events
- Report on the National Conference on Volunteering and Service in Seattle



Kentucky is a place where spirits are free to soar and big dreams can be fulfilled. We relish competition and cherish our champions for their willingness to push beyond conventional boundaries to reach new heights of success.



#988 The Kentucky Commission on  
Community Volunteerism and Service  
275 East Main Street, Mail Stop 3W-F  
Frankfort, Kentucky 40621